

## Members' Yearbook 2019/20

### **Chairman's Letter**

If you are new to South Lakes U3A, perhaps our 1500th member, then welcome aboard! I trust you will find that there is much for you to enjoy amongst our wide range of activities for third agers.

When I wrote my previous Chairman's Letter I had no idea that Ann Quintilla was about to resign as Newsletter editor. At the AGM, we noted our debt to her and wished her good health but our gratitude should also be recorded in the fine publication which she has produced for some eight years. Thank you Ann.

Such was the standard that Ann had set that I feared that a successor would be impossible to find. However, in the very best traditions of U3A, Paul Dinsdale has volunteered to take on this role and I hope he will receive your full support



*SLU3A members 'sur le pont d'Avignon' during the French exchange visit, March 2019*

and plenty of good timely copy in the future. Ann had been contemplating electronic distribution and Paul is now very keen move things in that direction.

It would be mutually beneficial if *all* members who have email addresses could ensure that this is recorded by the membership team. Those that do not use a computer may be able to provide the email address of a family member or friend who would be prepared to forward occasional SLU3A messages to them.

I welcome anything which enhances interactions between our members as this helps us all benefit from our excellent team of group leaders and other volunteers.

Bob

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## Renewals

The new membership year starts on 1 September, 2019. The annual subscriptions remain unchanged:

**£9** standard

**£5** for those on Pension Credit and full members of other U3As.

All members should receive a renewal reminder letter from the membership team. If you already pay by standing order you can collect your membership card from Kendal Town Hall at the Open Morning on Wednesday 4 September, 10 am to noon.

If you prefer to pay by cash or cheque you can do so at the Main Room, Abbott Hall Social Centre on the Renewals Morning, Wednesday 28 August, 10 am to noon.

If you are able to arrange collection of your membership card you could save SLU3A significant postal charges.

SLU3A is part of an informal network with Ambleside, Furness, Grange-over-Sands and Lancaster U3As. Membership of these U3As is open to SLU3A members at reduced or no cost and they may provide activities that SLU3A is unable to offer.

## Meeting Fees

Please note that from 1 September 2019, the charge for attendance at U3A meetings in hired premises has been raised. In most cases this means that there will now be a charge of £1.50 per meeting. A few groups need to charge a little

more for the hire of equipment, and there may also be a small additional charge to cover refreshments.

It will make your group leader's life much easier if members could provide the correct change.

There is no meeting charge where premises are not hired, but it is hoped that the walkers will use the increased fee as a guide if they make a donation to Kendal Mountain Rescue.

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## **Open Morning**

*Kendal Town Hall*

*Wednesday 4 September 2019, 10.00 am to 12.00 noon*

Discover over 80 special interest groups (including walking groups)

There's something for everyone!

- ✓ Meet the groups
- ✓ Join a group
- ✓ Join South Lakes U3A

Everyone welcome: members old and new.



*Ramblers Plus on Green Gable*

## Diary Dates

Open to all members: for further details, including any booking necessary, please see the appropriate group entry, starting on page 9.

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<i>Date</i>	<i>Organising group</i>	<i>Details</i>
4 Sept 2019	Branch committee	Open Morning (see page 3)
5 Sept 2019	Classic Films	<i>Cinema Paradiso</i> (1988). A 'near-perfect melding of direction, acting, script, sound track and cinematography'; 'a warm-hearted film about life in small-town Italy after World War 2'. Italian, with subtitles. Running time: 2 hours. Abbot Hall Social Centre, 2.00 pm (please arrive by 1.45)
7 Sept 2019	Saturday Lunch Club	<a href="#">Crooklands Hotel</a> , Crooklands
18 Sept 2019	Monthly Meeting	Rosie Camella will talk about the background of the Lake District Calvert Trust, on the outskirts of Keswick, and will detail the work they do to change the lives of people living with disabilities. A DVD will highlight the difference they make. Castle Street Centre, 10.30 am (refreshments from 9.45)
5 Oct 2019	Saturday Lunch Club	<a href="#">The Burnside Hotel</a> , Bowness
16 Oct 2019	Monthly Meeting	Kerry Threadgill is the senior community fundraiser for the British Red Cross in Cumbria, Cheshire and Merseyside. She manages all the community fundraising activity across this area, including local, national and international appeals. Castle Street Centre, 10.30 am (refreshments from 9.45)
31 Oct 2019	Classic Films	<i>The Third Man</i> (1949). British film noir directed by Carol Reed, written by Graham Greene, starring Joseph Cotten, Alida Valli, Orson Welles and Trevor Howard. Atmospheric portayal of bombed-out, corrupt post-war Vienna; superb cinematography. Running time: 1 hour 44 minutes. Abbot Hall Social Centre, 2.00 pm (please arrive by 1.45)
2 Nov 2019	Saturday Lunch Club	<a href="#">Hampsfell House</a> , Grange-over-Sands

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<i>Date</i>	<i>Organising group</i>	<i>Details</i>
4 Nov 2019	Gardens (Monday)	Lecture on William Purdom, plant collector, by Vicky Aspin. All welcome. Castle Street Centre, 10 am
15 Nov 2019	Culture Trips	Monteverdi's 1610 <i>Vespers</i> . The Sixteen Choir and Orchestra. The 1610 <i>Vespers</i> is a magnificent liturgical work that set a precedent for Bach's <i>Mass in B Minor</i> and Beethoven's <i>Missa Solemnis</i> . This is a religious masterpiece that has endured for over 400 years and really is worth hearing, especially when performed by such a prestigious choir and orchestra.  The Bridgewater Hall, 7.30 pm performance. Travel will be by coach from Kendal. The cost is dependent on numbers, approx. £27 per person. If you would like to come on this trip please contact Ann Quintilla by <a href="#">email</a> or telephone.
20 Nov 2019	Monthly Meeting	Bob Pickersgill (Bob the Sax) will talk about the life of the inventor of the saxophone and the difference between six different saxes. He will play some tunes and sing a few songs. Castle Street Centre, 10.30 am (refreshments from 9.45)
5 Dec 2019	Classic Films	<i>Duck Soup</i> (1933). Hilarious Marx Brothers farce. A comedy classic. Also supporting short film. Running time: 68 minutes, plus the short. Abbot Hall Social Centre, 2.00 pm (please arrive by 1.45)
7 Dec 2019	Saturday Lunch Club	<a href="#">Netherwood Hotel</a> , Grange-over-Sands

## Members Remembered

Mark Bailey, who featured on the cover of Newsletter 86, died in June. He had been a very active member of many groups including Cycling, Fellwanderers Plus and Philosophy. He is greatly missed by the many people who knew him.

In June the Singing for Fun group lost their friend Eric, who had been ill for a long time. Eric joined the group in 2010 and members remember him with fondness and respect.

Shirley Alker, a founder member of the Scrabble 2 group, died recently. The group will miss her stories and her zest for life.

# News and Events

## Wellbeing in South Lakeland

The Wellbeing group has begun a major project to visit every GP surgery in the wider Kendal area to make sure that local doctors understand the potential that joining U3A has to transform the health and wellbeing of the older person. Initial discussions with medical professionals have highlighted the opportunities that U3A gives to the lonely and the less active. This early work has emphasised how much good work the organisation can do for the benefit of our community.

If you are prepared to discuss this project with your medical practice, please contact [Donald Potter](#). He can give advice on how to go about this interesting and worthwhile endeavour.

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## First Aid Courses

Having first aid ability can be a life-saver, and these courses are designed to provide a good basic knowledge. They are jointly organised by the committee and the Wellbeing group in response to feedback from members. Each one-day course is suitable for anyone, but might be especially useful for group leaders and members taking part in more physically challenging activities, sports or outdoor pursuits such as walking.

Providers have been chosen with great care, and special rates have been negotiated to offer outstanding value for members and friends. Each course needs a minimum booking of 15 people to be viable. The two options are:

**First Person Responder:** 6-hour course, run by Lakes Medics, available on 17 September and 15, 29 October, 10 am to 4 pm at Abbott Hall Social Centre, Kendal. Cost £22. Good kitchen facilities; bring your own food or use local eateries.

Further details on [Lakes Medics web site](#).

**Adult First Aid:** 5-hour course, run by British Red Cross, available on selected Mondays in October and November (to be arranged) at Stonecross Manor Hotel, Kendal. Cost £34 which includes hotel light lunch and morning/afternoon refreshments.

Further details on [British Red Cross web site](#).

Please contact [Donald Potter](#) for further information or to make a booking on either course.



*Gardens (Friday 2) group enjoy a day out in the gardens at Askham Hall*

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## **Retiring with Attitude**

If this describes you, then you may be interested in taking part in a new short course being piloted this autumn. The course, entitled ‘Learning To Be Retired’, has been written by Julia South and Carole Ellis (Sheffield & Bromley U3A). It has been run a number of times in these branches, and now the authors have kindly offered the full course to other U3As around the country.

The course is based on the book *Retiring with Attitude* by Caroline Lodge and Eileen Carnell, which has been featured in the *Third Age Matters* magazine. It is a self-contained five-week course that requires participants to be available for all five sessions. It covers many topics that are valuable to consider in retirement, and gives an opportunity for learning and reflection, so that we will know more about the retirement process, including its joys and challenges.

Dates of the pilot course are 11, 18 October, 8, 15, 22 November, 10 am to 12.30 pm, at a venue in Kendal to be confirmed. A further five-week course is planned for January and February 2020.

Each session runs for two and a half hours. There will be a charge to cover the cost of room hire and handouts of about £3 per session. There will be twelve places on each course, allocated on a first come, first served basis. There will be two co-facilitators running each course.

If you are interested and can commit to attending all five sessions please email the organiser [Jan Smith](#).

The course will *not* deal with financial planning, pensions or investments.

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## **Kendal Walking Festival**

*8–11 May 2020*

Members of SLU3A will again be leading walks in the 2020 Kendal Walking Festival. The event has been extended by a day and will include the early May Bank Holiday now arranged for Friday 8 May.

This might provide an opportune excuse for friends and relatives who are keen walkers to visit Kendal.

More information is available on the [Walking Festival web site](#).



*Fellwanderers group celebrated its 10th anniversary in May with a tea party attended by 37 past and present members*

## Interest Groups and Activities

*If you want to join a group, check its entry and contact the group leader for further information. The number that can be accommodated is often limited. Unless stated otherwise, you must formally join the group or contact a leader before attending for the first time. There is no limit in the number of interest groups a member may join.*

*If you are not yet a member it is usually possible to attend up to two meetings as a guest to sample the group's activities. Please contact [Jenny Harrison](#) (the groups coordinator) for further details.*

*All the groups are set up and run by members on a voluntary basis. So if there is a subject you are interested in but the relevant group is full, or if there is no current group available, why not consider starting your own group? You can contact [Jenny Harrison](#) for a discussion and advice.*

*See pages 29–32 for information on group meeting dates and times. Further information on many of the groups is available on the branch's [web site](#). Group contacts are listed on a separate document issued to members only.*

### **Afternoon Teas**

Our next outing is on Wednesday 2 October at 3 pm, when we have tea at the [Sawrey House Hotel](#), Near Sawrey LA22 0LF. This is a place where Beatrix Potter liked to take tea. The cost is £18.95. If you want to combine this with a visit to her Hill Top home, please go before tea as the last entry is at 4 pm.

### **American History**

We are a friendly, relaxed group of 44 members and no waiting list. We welcome new members with tea/coffee and a biscuit followed by a talk and some discussion. We have a varied programme provided by group members, a lot of whom have travelled widely stateside, and are interested in researching and then sharing views on topics and personalities. There is no requirement to speak as the programme for the year fills up easily. Our schedule for autumn includes:

- 19 Sept: Thomas Meagher – The Irish General, by Mike Christian
- 17 Oct: William Desmond Taylor, by Kathleen Goodman
- 21 Nov: Civil War music, by Ben Goodman.

### **Architecture Appreciation**

This new group studies our built heritage, both locally in South Lakeland and further afield, through a programme of illustrated talks and visits to buildings.

All are welcome; tea, coffee and biscuits are available at our indoor meetings. Our autumn programme includes:

- 3 Sept: Kendal's Carnegie Library, illustrated talk by Hilary Webb
- 1 Oct: The Arts and Crafts movement, illustrated talk by Richard Pealing
- 12 Nov: Visit to [Blackwell](#), Arts & Crafts house, Bowness.

## **Art**

Our art group explores different ideas and media, including watercolour, oils, acrylic, charcoal or pastel. We are a friendly group, with so many talented members who are happy to share their knowledge with others. We welcome new members, so come along. You will be made most welcome.

## **Artistic Licence**

We are an informal and friendly group enjoying a wide range of styles and media, including pencil, acrylic, oils, watercolours, pastels, ink, block printing and digital art. All standards of ability are most welcome in a relaxed atmosphere. Our numbers are steadily growing but there is still room for two or three new members. All standards of ability are most welcome in a relaxed atmosphere. Anyone interested in a rewarding and convivial two hours please contact [Bern](#) or [Trude](#).

## **Badminton**

We are a mixed-ability group of players who enjoy the exercise as well as an element of competitive sport. As a group we are full, so are unable to offer any places at present.

## **Ballroom Dancing**

We've had a very encouraging response to the new ballroom dancing group which started in May. There is a very friendly atmosphere as we all help each other with the routines, we've been learning so far in the waltz, foxtrot, quickstep and cha-cha-cha. There is a mixture of abilities, so some of us are trying to unlearn bad habits, and others are learning brand new steps. We have benefitted greatly from tuition from a retired ballroom dance teacher and one of his pupils, and from the more experienced members of the group. Great exercise for mind and body, and a lot of fun. Keep dancing!

We run weekly until 25 September, and then change to our new schedule. On 30 October we will have a social dance jointly with the Jive group.

## **Bridge**

Do join us for relaxed and friendly bridge if you have some knowledge of the game (standard 3rd year plus). We are still enjoying the input of bridge teacher Philip Wraight, who starts us off most weeks with a 30 minute talk on various topics of revision which individuals have requested. After that we normally play Chicago, where we change partners and opponents after every four hands, but once a month we play Teams when N/S and E/W play set hands competitively against other teams. We average five or six tables and more when we play Teams. No need to come with a partner. Tea and biscuits provided! We are planning our Christmas lunch for Friday 13 December in AHSC followed by bridge as usual.

## **Calligraphy**

We resume shortly after the Open Morning and I will keep the group posted about that. Members of the group are now moving onto some more involved pieces of work and as ever, they are very interesting and varied. It is good to see members taking an interest in each other's works as they proceed and develop. One or two things have already been mentioned that we might look at and do next session so we will all be looking forward to that.

## **Chess**

Would you like to play chess but wouldn't want to join a chess club where you would generally play in the evenings? The atmosphere of our group is light-hearted and, although we meet in a library, we are allowed to talk. If you would like to learn how to play we would be pleased to teach you. We can provide introductory notes and books if you would like them. We provide boards and sets.

## **Classic Films**

We aim to show films that are excellent of their kind, be that comedy, drama, thriller or anything else. Any U3A member is welcome, with an invitation to bring any non-members: just turn up on the day. We hope to develop a core membership of regular attenders, as well as attracting those who come along more occasionally. Contact [Mark](#) if you have any questions. See further details under the 'Diary Dates' section on page 4.

## **Come Dine with Us**

This group is continuing with new leader Pat Dalzell. Future events will be publicised in the newsletter and [web site](#). Members are grateful to retiring organiser Gail Morgan for her work in arranging many enjoyable outings.

## Computing

The group has a small number of volunteers who offer individual help according to need, be it with a laptop, tablet or smart phone. We advise on areas such as: searching the internet, sending emails, building an address book and editing your photos. We can use the high-speed broadband on offer at the Beck Centre. If you are at all interested in joining (or even rejoining) this group, please contact [Susan](#) or sign up at the Open Morning on 4 September. We are not experts and we would very much welcome the assistance of anyone who feels at all competent in offering help or advice to those who attend.

## Country Dancing

Our group has had an enjoyable term led by our volunteer callers who bring their own styles to the role! For the summer period we give way to Scottish dancing to ring the changes but will resume again on Monday 9 September. We will then continue every Monday finishing on 16 December with our live music ceilidh. The waiting list is long at present so unfortunately we are closed to new members for the time being.

## Cribbage

We meet to enjoy playing the old card game of cribbage in a sociable atmosphere. We cater for both beginners and experienced players, with the emphasis on members being able to enjoy the subtleties of facing a keen opponent across a table. Group leader Alan has been maintaining his skill levels at his annual family ‘cribfezt’ in Pembrokeshire, and hopes other members have been able to play a few hands. The group has a nucleus of keen players but is always open to new members and beginners.

## Culture Trips

The *Collins Dictionary* definition of culture is: ‘Activities such as the arts and philosophy, which are considered to be important for the development of civilization and of people’s minds.’ Hence we organise trips to the ballet, opera, classical music concerts, theatres, art galleries, museums and exhibitions. Travel is always by coach from Kendal. In July, we went to The Hat Museum and Bramall Hall in Stockport. In August we will see Alan Ayckbourn’s play *Dear Uncle* at Keswick, and in November *The Nutcracker* in Liverpool.

Also, in November, with the Memorable Experiences group, we plan to hear the acclaimed Sixteen Choir and Orchestra perform Monteverdi’s *Vespers* at The Bridgewater Hall.

For more information and to register for future trips please contact [Ann](#).

## **Cycling**

The Cycling group has been restructured for the 2020 season in order to provide programmes of rides that better meet members' requirements. The leaders of the three sub-groups will be responsible for compiling the programme of rides and sending out details to their members. The new structure and details are set out below and will take effect from 4 September:

Gentle: 15–25 miles, moderate hills, leisurely pace (avge 6–8 mph)

Moderate: 20–38 miles, some steep hills, steady pace (avge 8–10 mph)

Strenuous: 35–50 miles, longer and steeper hills, faster pace (avge 10–12 mph).

## **Digital Photography**

In most months the group has two meetings a month, one indoors on the third Wednesday. We divide into three sub-groups, at beginner, intermediate and experienced levels, to share photographs and work together on developing our skills across a range of techniques. There is also an outdoor photographic foray once a month, with a reserve date in case of poor weather. If both days turn out fine for photography, the group may go out on both dates.

## **Discussion**

Topics are always chosen by members. We try to have a mixture of serious and light-hearted subjects but each week only has one theme. Meetings are well attended, interesting and lively; they generally last between an hour and an hour and a half.

## **European History**

The idea behind our group is that one or two members prepare a talk on our current theme. We have just come to the end of a two-year look at the history of Italy from the end of the Roman Empire up to modern times. It has been a most interesting journey about how disparate small states finally became united into a single independent country in the 1860s. Along the way members have made presentations about medieval music, the Roman Catholic Church, pasta and pizza. We have now, as a group, to decide which country, regions or themes we look at from September. New members are welcome; please contact [Mike](#) or [Kathy](#) for further information.

## **Family History**

Are you interested in who your ancestors were, or where they lived and what their occupations were? Family History is an informal group where we share our experience, knowledge and skills of delving into the past to discover our

ancestors and their lives. We seek help from each other to discover where records exist, how to access them, how to overcome the difficulties, and how to record our information in order to build up a picture of our ancestors for future generations. New members, whether experienced genealogists or beginners, are welcome.

10 Oct: Methods of recording; planning future meetings

14 Nov: Using Family Historian 6.2

12 Dec: Fun Family History Quiz with coffee and mince pies.

To quote Horace Walpole, 'Who begot whom is a most amusing kind of hunting.'  
Happy hunting!

## **Folk Music**

We start again after our summer break on 2 September, 1 to 4 pm. As usual, the first hour is mainly for musician practice but everyone is welcome. This is followed by the main two-hour session for instrumentalists and singers, with a break for refreshments and a chat. We sing all kinds of music including folk. You don't have to be a musician or a great singer, just come along and enjoy a good sing-song. There will be no session on 7 October.

## **French (Advanced)**

The French group has very productive, interesting conversations in large-group practice, small-group discussion of an article, and discussions in pairs of a chosen topic. It affords us a lot of time to converse in French. Our proficiency levels vary, and we teach each other.

## **French (Basic & Improvers)**

We are steadily improving in our written and spoken skills. The emphasis is on being able to learn in a friendly and enjoyable atmosphere. We help each other and punctuate all of this with a lot of humour. We would welcome anyone who would like to refresh their language skills or to learn French for the first time.

## **Gardens (Monday)**

Our September and October visits are to members' gardens. On 4 November we meet at Castle Street, when Vicky Aspin will talk about the plant collector William Purdom (1880–1921). Vicky has curated and developed the Purdom bed at [Holehird](#), and has visited the area in China where he worked. This is an open meeting, and all are welcome. There will be a charge of £2 per person. As some of our meetings are at members' homes, the group size is limited, but at present we can accept new members.

## **Gardens (Wednesday)**

We are still a young group feeling our way. We would welcome further members, but would like to keep the group small and intimate. We have so far met in each other's houses over the winter, with informal discussions, and are now branching out with garden visits, mainly to gardens that are not normally open to the public. Who knows how we will evolve! Please get in touch with [Angela](#) or [Betty](#) by email if you would like to join us.

## **Gardens (Thursday)**

Like the other gardens groups, we aim to provide a stimulating forum for swapping ideas, plants and experiences. We have indoor meetings in winter for demonstrations and slide shows or films, while at brighter times of the year we like to get out and about visiting local gardens with occasional more extended trips to places of interest to gardeners, such as Lowther Castle and Newton Rigg, sometimes to take part in practical courses.

## **Gardens (Friday 1)**

From February to October we visit varied garden venues of interest. During the winter months we meet at Castle Street or other indoor locations for films, lectures or member presentations on gardening topics. During the last few months we have visited Winderwath Gardens at Temple Sowerby, Farleton View Nurseries for a propagation demonstration and Tomsteads a woodland near Broughton-in-Furness. Our forthcoming meetings are:

20 Sept: A talk on *Meconopsis* at [Holehird Gardens](#)

18 Oct: To be arranged

15 Nov: Members presentations, Castle Street

13 Dec: Christmas workshop and Jacob's join, Crosthwaite Village Hall.

## **Gardens (Friday 2)**

Our first half of the year has been very enjoyable visiting the delightful gardens at Linthwaite House, Askham Hall, Dallam Tower, Hazlewood Farm and Fernhill, accompanied by delicious cakes and scones! During the remainder of 2019 we will visit Rose Cottage, Levens, Haverthwaite Lodge, Merewood Country House and hold a floral Christmas workshop with mulled wine and mince pies, culminating with our Christmas Dinner. This group is full at the moment.

## **German**

The German group is a conversation group, aimed at people who are able to speak and understand German to a reasonable extent. Our meetings are

conducted entirely in German, and for each meeting we predefine a theme, then we talk around that theme during the meeting, with a break midway for refreshments. Sometimes, one of the group may introduce the theme by giving a brief presentation. At the moment the group is not able to accept new members, but anyone interested in joining is welcome to contact [Richard](#).

## **Indoor Bowling 1**

Apart from main holidays we meet weekly from September to May. The group is full at the moment with a waiting list.

## **Indoor Bowling 2**

This is a new group, and while I have a number of people who already have expressed an interest, there will be space for a small number of new players: you don't need to be an expert to join us. Please call Ray if you are interested in coming along and having a go.

## **Instrumental Music**

We are a small group comprising a mixture of string and woodwind players who meet on a weekly basis at various members' houses. Our meetings are very informal and we play a wide range of arranged orchestral and chamber works selected to suit the members present each week. We play for our own enjoyment, definitely not for public performance! Although our numbers are limited by restrictions imposed by the size of meeting places, we welcome enquiries from string and woodwind players (except clarinets who are well represented at present).

## **Italian**

We meet to try to talk Italian! This is not a taught group but Ian is on hand to clarify grammar, common usage and any queries we may have. The group is probably not suitable for absolute beginners, but there is a wide range of linguistic ability and the atmosphere is informal, friendly and fun! The format is mixed: sometimes a whole group discussion on a prepared topic. Often we take turns to talk about something of interest (prepared or improvised); at other times we split into small groups of three or four to chat. Occasionally we play Italian Scrabble or do crosswords – in fact we are open to anything which helps us improve our listening and talking skills, and widens our knowledge of the amazing country that is Italy.

If you are interested in joining us do get in touch, but if you are not rejoining this year please let [Margot](#) know – grazie!

## **Jazz Appreciation**

This group covers the entire range of jazz styles, from New Orleans up to the present time. We currently meet at the group leader's home, but we hope that other members will also host their own events. If numbers get too big, we plan to move to a roomier venue. Contact [Dave](#) in advance to book a place: first come first served.

## **Jive**

After our relaxing summer break, we will restart on 9 October and continue on alternate Wednesdays. Kathy Twist will be instructing for part of each session, but we also learn from each other. Modern jive is an easy fusion of jive types which fits many different styles of music. Most of our members dance it in a very easy and relaxed manner without the fervour of some swing dances such as rock and roll. Usually there are a similar number of males and females, so no need to bring a partner. Come along, see what you are missing and enjoy jiving, or talk to us at the Open Morning on 4 September.

On 30 October we will have a social dance jointly with the Ballroom Dancing group.

## **Listening to Classical Music**

We are a small group and would welcome new members. Meetings on the third Wednesday of each month, starting at 2.00 pm. We listen to a wide variety of music. We don't plan ahead much, but decide at each meeting what to choose for the next one or two. We have the benefit of excellent hi-fi equipment and a large collection of CDs & LPs. Please contact [Mark](#) if you are interested in joining us.

## **Literary Studies**

At each meeting a member introduces the chosen work, and this is followed by a discussion. The books we choose are mainly novels, but we may include a play, a selection of poetry or a biography. We like to look in some depth at various aspects of the work in question, such as structure, exploration of themes and whether the characters are believable. We aim to appeal to anyone with a love of reading and lively discussion. For the coming term we will study:

20 Sept: *Birdcage Walk* by Helen Dunmore

18 Oct: *The Dark Circle* by Linda Grant

15 Nov *The Goldfinch* by Donna Tart.

The group is very grateful to Clare Courtier, who has recently retired as group leader.

## Local History

Nearly 100 people came to the talk by Trevor Hughes on ‘The yards of Kendal’ and in May our own Terry Parr spoke on the subject of Serpentine Woods. In June some of the group went on a coach trip to the Hat Museum and Bramall Hall in Cheshire. This autumn meetings are as follows:

- 25 Sept: Between a rock and a hard place, by Jean Turnbull
- 30 Oct: Westmorland 1688–1837, by Barbara Blatchford
- 27 Nov: To be arranged.

This group is full and there is a long waiting list, so please do not just turn up, unless of course you are willing to help run the group, or to start a new one, or to volunteer to give a talk!

## Mah Jong

The group is now entering its second year. We have space for new members, beginners or those with experience. Beginners welcome: we don’t bite! Why not come along see the game? Please contact [John](#) in advance.

## Memorable Experiences

A little adventure: a lot of fun! We arrange a wide variety of special out of the ordinary events for the slightly more adventurous. Dates, times and locations vary. Recent events have included horse riding, curling, dragon boat paddling, abseiling, white water rafting, skiing, carriage driving, music concerts, badger watching and many more. Forthcoming events are listed on the group’s page on the branch [web site](#).

We’re holding a programme discussion at a member's house in Kendal on Friday 20 September (3.00 to 4.30 pm). Contact [Donald](#) for more information or to book a place.

## Mindfulness Meditation

Do you want to feel more relaxed, more in control? Come and learn some simple tools that will help you to cope better with the stresses of day-to-day living. Learn to develop, to respond with choice to situations rather than reacting automatically. Mindfulness can make a positive contribution to your sense of wellbeing. We do breathing exercises, develop greater awareness of the relationship between mind and body and practice formal meditation. We show how to apply mindfulness to everyday life through gentle mindful movement exercises, and listening to music and poetry. For more details please contact [Mike](#).

## Monthly Meetings

Between September and May the branch holds a members' meeting on every third Wednesday in the month the Castle Street Centre, starting at 10.30 am, with coffee available from 9.45 am. Meetings are based around a talk given by a guest speaker, followed by questions and answers. They are also an opportunity for members to meet committee officers and group leaders. They last about one and a half hours. For further details see the Diary Dates section, page 4.

## Moving to Music (Monday & Wednesday)

We get together to enjoy simple exercises and dance, hoping (!) to keep our muscles, joints, cardiovascular system and memory in good working order, helped by good music and a lot of laughter. Nothing is compulsory (except safe footwear) and the aim is that everyone feels better at the end of a session than they did at the start. If you are interested in joining us, do get in touch to go on the waiting list. Looking forward to seeing you next term. Members from last year: do *please* let [Margot](#) know if you are not coming back.

## Music Appreciation

Each month we meet to enjoy recorded music and there is always such a great variety. We also like to learn about the composers, artists and sometimes the instruments themselves – how they evolved. Membership is 14 with an average attendance of 10. Themes are chosen by the members for each season and it is interesting to go back and see the favourites. For this autumn our choices are:

- |                    |                          |
|--------------------|--------------------------|
| 10 Sept: Jazz/folk | 5 Nov: The natural world |
| 8 Oct: England     | 3 Dec: Film/TV themes.   |

## Natural History

After a busy programme of summer field trips covering local flora, bird watching, pond dipping and much more, between October and March we undertake a schedule of indoor meetings. Indeed, some members have opted to be winter members only. We are all learning from each other; some members have a great wealth of knowledge and are happy to share. Our list of suggested topics is endless and we are looking forward to plenty of exploration and learning in the months ahead. Do join us if you wish to learn or have expertise to offer: you will be very welcome. Our forthcoming programme (refreshments from 1.45 pm, talks at 2.15) includes:

- 9 Oct: Beatrix Potter – a Victorian naturalist, by Mike Dewey
- 13 Nov: Nature as you've never seen it, by Nigel Gilligan
- 11 Dec: Japan and beyond, by A and J Walker.

## **Norwegian**

Since the start in 2006 the group has recently celebrated its 300th meeting. We meet to speak and listen to, read, and write the Norwegian language. After all this time the standard is quite respectable. However, newcomers are welcome, with two of the group having started recently and doing well. If you are interested in joining please contact [Tony](#).

## **Patchwork, Quilting & Needlework**

We meet together for demonstrations and practical work. We made our first group quilt in 2010 and raffled it for charity. Each group member made a nine patch block from scrap fabrics, then the blocks were assembled at a marathon stitching session. The quilt was finished with both machine and hand quilting. The experience was so enjoyable that members are thinking of repeating it. The group operates by input from members and welcomes new ideas for projects. From September onwards, the group are making quilts for their chosen charity, which will be easy makes for beginners. Other projects will include a small sewing pouch, an autumn project and own work.

## **Philosophy**

We begin the term with Roger Collinge addressing Adam Smith's theory of wealth creation and follow this with a visit on 2 October from Sir Joseph Pilling (chair of an independent commission on referendums) who will cap the Brexit shenanigans with a session on 'UK democracy: improving or getting worse?' After this our meetings will group around three major questions: 'Who are we now?', 'What is happening to us?' and 'What is to become of us?' The format is: input, small group discussion and plenary feedback. It's all great fun (in a philosophical way).

All members are welcome. If you would like to be included in the regular mailings, please contact [Sue](#).

## **Play Reading**

Our aim is to read full-length plays, although at times we have also read one-act plays and sketches. We vary our readings between classical and contemporary plays, comedies, thrillers, tragedies, etc. Plays are chosen from suggestions by the members and given out at the meeting; we do not read the plays beforehand. On some occasions members take more than one part when the play selected has a large cast, although members can join if they just want to hear plays being read out. Our attendances are still very good and as the group is quite full, a waiting list will be started at the Open Morning in September.

## Poetry & Prose

Once again we have had a series of good meetings with excellent attendances. We can still accept new people if anyone would care to give us a try! Such interesting pieces are shared, and people are very inventive. Also there is a good and peaceful atmosphere, which many find helpful and relaxing. The subjects for the autumn are as follows:

26 Sept: Green

28 Nov: Own choice.

31 Oct: House and home

## Psychology

This group is for those who are curious about human behaviour and enjoy lively discussions. Our meetings include discussions led by one of the group, talks, invitations to outside speakers and possibly small study groups to investigate particular topics. Our sessions are well attended and if you fancy joining us, all you need is an interest in what makes people think and behave in various ways.

## Rag Rugging

Please contact [Jenny](#) if you would like to learn the techniques involved in making mats and rugs out of a variety of materials. We will be at the Open Morning on 4 September so do come and see some of our work.

## Recorder Ensemble

We are a group of recorder players of intermediate standard and beyond which has evolved out of the former Kendal Recorder Group. We play music, in four or more parts, ranging from Renaissance to the present day. After our summer break we start again in September. There is currently a good balance of instruments and so we are not actively seeking new members. However, if you are interested in joining, come and talk to us at the U3A Open Morning or contact [Jan](#) or [George](#).

## Saturday Lunch Club

The first twelve months of this new club has proved successful and we hope to continue in the same pattern. Any SLU3A member is able to join us, with a friend if desired, for the occasional lunch or as a regular member. Just contact [Christina](#) or [Mavis](#) to register your interest. By popular demand we are returning to some venues already visited. For details of our autumn bookings, please see the Diary Dates section on page 4.

## Science & Technology

Our meetings consist of talks by a group member or guest speaker, or visits to places of scientific interest. Recent talks have covered cleaning up the Thames, antibodies, optical illusions and earthquakes, and we have visited Barrow Waste Recycling Centre and the James Cropper paper mill. Each meeting is planned to cover a specific subject. Questions are encouraged as we go along to increase understanding. We aim to cover all aspects of science and technology, and ideas from group members are strongly encouraged. New members are very welcome.

Future meetings:

- 27 Sept: Weather on other worlds, by Ian James
- 25 Oct: Malaria in Cumbria, by Ian Hodkinson
- 29 Nov: Relativity, by David Shaw.

## Scottish Dancing

The group meets in the summer while the country dancers are resting, so our last regular meeting of 2019 will be on 2 September. Our sessions are lively and energetic, ably led by Mary Howard, who dances and teaches simultaneously! In November there will be an evening dance to the live music of a famous Scottish accordionist. We are full but prospective members are welcome to contact [Angela](#) to be put on the waiting list.

## Scrabble 1

We usually have at least five or six players. Some excellent players who seem to know all the two-letter words and can make high-scoring parallel words. Also seven-letter words for which there is prize of Green & Blacks chocolate! We all enjoy ourselves which is most important. Do come and find out for yourself, whatever your standard. Have fun and learn more words and their meanings in the process.

## Scrabble 2

Our friendly meetings involve two or three Scrabble games with a break for tea and chat. We try to improve our word scores and widen our vocabulary at each session. Please contact [Jean](#) if you are interested in joining us.

## Singing for Fun

We are a happy informal group, singing for fun, rather than as a choir. We choose about eight items to sing each time, from a large repertoire including old favourites, songs from the musicals, a few originals, and sing-a-longs. We have a

mixed membership of 30 sopranos, altos, tenors and baritones, and a pianist who takes us through our scales at the beginning of each session. Members do not have to be able to read music, although some do. A few new 'old' songs are coming into our repertoire such as 'Old Father Thames' and soon we will bring one back, a song called 'Autumn', an original composition.

### **Table Tennis (Doubles)**

We are a friendly group who enjoy both the exercise and the laughter of our games. We stop for a tea break and chat at 2.30 pm. We have a small number of spaces for new players – you don't need to be an expert to join us. If you are interested in coming along and having a go please call Ray. If you are a previous player and have decided not to continue please could you let Ray know.

### **Table Tennis (Singles)**

Fun, exercise and chat seem to be the right recipe for this group. Most weeks we use five tables. Annual social events planned for the year include a Christmas luncheon, mince pie tourney and a match against Grange & District U3A. Unfortunately our waiting list is currently full.

### **Tai Chi (Advanced & Improvers)**

During August, if fine, we are gathering in Fletcher Park (top of Sunnyside on the right) at 9.30 am on Fridays to try out some new things that Jane learnt while attending Tai Chi summer schools. Anyone interested in Tai Chi is welcome. Next term both classes are for more experienced Tai Chi practitioners and begin on 6 September, weekly until 20 December. For more details of what happens in our sessions, please visit the Tai Chi page on the branch [web site](#) or ring Jane.

### **Tennis**

The tennis group has been meeting weekly and has welcomed some new members this summer. The group is open to anyone who would like to try their hand at the game. There are tennis racquets available if you would like to come down and try. We finish on the last Friday in September but do play over the summer months.

### **The Hanoverians**

This history group started life in January 2014 as The First Elizabethans. In 2016, we morphed into The Stuarts. In January, we move on to study the Hanoverians. Few of us are expert historians. Our delight, in the true U3A tradition, is to learn together. At each meeting a member introduces a topic and

this is followed by questions and discussion. If you would like to join this friendly group, please give Terry a ring. Programme for the term is:

24 Sept: The Act of Union

22 Oct: Law and order

26 Nov: The Winter Queen and her four daughters.

## Tuesday Book Club

Each month features a particular book, with discussion usually being led by a member who gives us a critique and invites the views of others on its key elements. This term's programme:

17 Sept: *All the Light We Cannot See*, by Anthony Doerr. Set during WW2, this book is about a hidden diamond, a blind French teenage girl helping the Allies and the German boy tasked with finding and destroying her.

15 Oct: *The Dark Flood Rises*, by Margaret Drabble. This book will make you ponder on your own experiences and hopes as we grow older.

19 Nov: *Disobedience*, by Naomi Alderman. When the rabbi of a close knit London community dies his daughter has to return to face disapproval for having rejected their way of life.

## Wellbeing

This is a relatively new group for all who seek a path to health, happiness and a flourishing life. We'll enjoy an extraordinarily eclectic range of events including food and diet, exercise, lifestyle, philosophy, environment, psychology, meditation, medical, etc. We also offer loads of eating, socialising, friendship and fun! You don't need to attend all events; choose only those which appeal. Phone or email [Donald](#) for further details or to book. Happy to arrange a lift or travel companion. See further details on page 6.

## Wine Appreciation 1

'Penicillin cures, but wine makes people happy', so said Alexander Fleming. We are fortunate to have several members who are willing to present their selection of wines and therefore the group continues to enjoy and experience a very varied programme of tastings and presentation styles. Knowledge of wine is not an essential criterion to join our group but the enjoyment of wine in good company is. Not all people will enjoy all wines, but we encourage (lively) discussion within the group. A very warm welcome will be given to anyone wishing to join us. Please note, our first meeting is on 19 September to avoid clashing with the County Show.

## **Wine Appreciation 2**

We have great fun ‘travelling the world’ finding out about the different wines and the countries that they come from. We aim to enjoy tasting four or five different wines to learn and discover which of the world’s grapes we like best. Our Christmas party (involving some additional cost) is always very jolly and on this day it is recommended to use public transport. There is a charge of £3 to £5 per meeting. The next meeting will be on 26 September and places may be available, so contact [Barbara](#) if interested. It is always possible to attend as a guest, so give us a try.

## **World History**

Our meetings are informal with a presentation and discussion format. Our subject of study is currently the Pacific: Ocean, Rim, Islands and Connections. This is a subject that has not been extensively studied, so it presents an added interest and challenge.

Our autumn meetings are on 7 October and 2 December, where subjects will include the Pacific as a theatre of war, the economic miracle of South Korea and the distinctive histories of the individual states of west coast America.

## **Writing for Pleasure**

We are a small group who like to write, and we write anything we fancy from autobiographies, poetry, children’s stories, or purely descriptive articles to full-blown novels which may or may not be published at some stage. We do not have a set theme. At our fortnightly meetings we read our latest work (which needn’t be very long), providing copies for other members which they take home and read again at leisure, and at our next meeting we will review what has been written and make helpful (we hope) comments on other members’ work. We are all amateurs who just enjoy writing. If you like to write, why not join us?

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## **New Group – Russian**

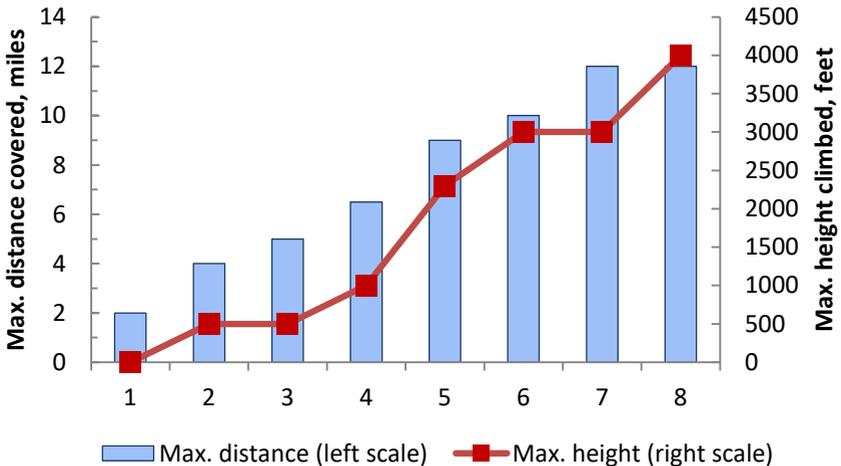
A new Russian group is being started, intended for people with intermediate or advanced Russian, approximately A-level or above. Activities include reading and translating a variety of texts, conversation and grammar revision. It meets in the Friends Meeting House in Lancaster (next to the railway station) on the 2nd and 4th Fridays of the month, 10 am to 12 noon. Enquiries to [Jenny Walmsley](#) 01524 771299 (membership of Lancaster & Morecambe U3A required).

# Walking Groups

We are fortunate in having some superb walking opportunities on our doorstep in Cumbria, Lancashire and North Yorkshire. So in South Lakes U3A walking is such a popular activity that we have 13 separate walking groups that cover virtually all levels of fitness and enthusiasm.

Most of the groups meet on Thursday mornings (but not all at the same place or the same Thursday of the month); others meet on a Tuesday. Members make their own way to the starting points, and we encourage car sharing to minimise parking difficulties and reduce our carbon impact.

Walks are planned and led by volunteer members of the groups; sometimes this is a prerequisite of group membership. Details of each walk are distributed to group members in advance, and are also available from the group leader. The chart below summarises the typical walk profile adopted by each group.



- |                    |                                   |
|--------------------|-----------------------------------|
| 1 Gentle Strollers | 5 Ramblers                        |
| 2 Strollers        | 6 Ramblers Plus & Tuesday Walkers |
| 3 Amblers          | 7 Fellwanderers                   |
| 4 Amblers Plus     | 8 Fellwanderers Plus              |

If you want to join a walking group, please contact the appropriate group leader, as some groups are full and most limit the number on a walk for safety reasons. Leaders' contact details are available in the separate contact sheet. Where known, walk leaders for the remainder of 2019 for all groups are listed on their respective [web site page](#).

## **Disclaimer**

There is inevitably some risk associated with all U3A activities, particularly those involving physical exercise. All members must take responsibility for their personal safety and the security of their clothing and belongings. Members should not undertake activities that are considered unsafe for them as individuals and must not endanger other members of their group. Recognised groups have public liability Insurance but U3A does *not* provide any personal accident insurance.

## **Amblers**

There are four separate Amblers groups. All meet two or three times a month. Amblers 1 and 2 walks proceed at a fairly gentle pace, allowing for a stop for a coffee break and a picnic lunch. Dogs on leads are allowed by group 1, but not by group 2. Amblers 3 has the possibility of a pub or cafe lunch at the end of the walk instead of a break for lunch (particularly in the winter months). A visit to a garden or historical site might be included during or following a walk. Amblers 4 aims to finish before lunch. Members may only join one of the four Amblers groups and/or one of the two Amblers Plus groups (to allow for the large number of enthusiastic amblers).

## **Tuesday Walkers**

Tuesday Walks is really a collection of three sub-groups. Their walks do not clash with each other.

Bryan and Richard each organises a walk every month on the third Tuesday, usually on Lake District high tops. Walks are recced in advance. Richard also organises the Explorers sub-group; routes are similar but not recced. The Explorers sub-group is not currently accepting new members, but there is a waiting list.

Chris organises walks along local long-distance footpaths. These are done in sections and not recced. The group is aiming to complete Lady Anne's Way from Skipton to Penrith in September and will start the Richmond Way from Richmond to Lancaster in October. There is currently a short waiting list for this sub-group, so please contact [Chris](#) for more information.

Margaret runs the Offbeat sub-group exploring less-travelled paths at a modest pace and slightly less ascent.

On all walks involving high tops, numbers are limited to around 15 for safety reasons. New members are welcome except for Lady Anne's Way and Explorers.

## Summary table of Thursday walking groups

For full details click on hyperlinks in left-hand column

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<i>Group</i>	<i>Summary</i>
<a href="#"><u>Gentle Strollers</u></a>	Uses two leaders as some of the participants occasionally need assistance with health and mobility problems.
<a href="#"><u>Strollers</u></a>	Full but with waiting list.
<a href="#"><u>Amblers 1</u></a>	A few vacancies but members must be prepared to lead at least once per year. Dogs on leads allowed.
<a href="#"><u>Amblers 2</u></a>	A few vacancies.
<a href="#"><u>Amblers 3</u></a>	Welcomes bus-based walks and tries to arrange car share points. No walk on 2 January, but on 16 January there is Christmas meal and walk.
<a href="#"><u>Amblers 4</u></a>	Aims to return to start point before lunch time.
<a href="#"><u>Amblers Plus 1</u></a>	Christmas walk and meal (Kendal College) on 12 December
<a href="#"><u>Amblers Plus 2</u></a>	Vacancies for a few new members.
<a href="#"><u>Ramblers</u></a>	Large group but membership not restricted as there may be as few as six walkers and up to as many as 25 on a walk, depending on weather and season. New leaders especially welcome.
<a href="#"><u>Ramblers Plus</u></a>	Generally, but not always, aims to reach the top of something, most often, but not exclusively, in the Lakes. Numbers are restricted to about 15 on each walk. Large group but pleased to welcome new members.
<a href="#"><u>Fellwanderers</u></a>	Most walks in Lake District, also Dales and Howgills. Numbers restricted to 15 for safety and enjoyment. Currently full.
<a href="#"><u>Fellwanderers Plus</u></a>	More challenging walks in the Lakes and Yorkshire Dales National Parks. Aimed at walkers who prefer a faster pace with fewer stops than the other groups. Members must be confident on rock and scree, and be willing to plan and lead walks. Full and currently does not maintain a waiting list.

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## Well we know that...

Researchers at Stanford University carried out a study (recently published by the American Psychological Association) that found that 81% of participants increased their creativity when walking and that this boost lasted for a short time after activity ended. Creativity for walkers was increased by 60% compared to those who sat. Furthermore, they found that going for multiple walks boosts creativity even more. Proof if proof were needed!

## Groups Schedule

Please check the entry in the Interest Groups and Activities (pages 9–25) or Walking Groups (pages 26–28) sections for any group you are interested in attending for the first time, and contact the group leader.

<i>Group</i>	<i>Frequency</i>	<i>Venue code</i>	<i>First date in autumn term</i>	<i>Start time</i>
<b>Monday</b>				
Country Dancing	Weekly	AHSC	09/09/19	0900
Gardens (Monday)	1st Mon	CSC	04/11/19*	1000
Instrumental Music	Weekly	MH		1000
Discussion	Fortnightly	AHSC	02/09/19	1030
Moving to Music (Mon)	Weekly	AHSC	09/09/19	1045
Folk Music	Weekly	AHSC	02/09/19	1300
French (Advanced)	2nd & 4th Mon	CSC	09/09/19	1330
French (Basic & Improvers)	2nd & 4th Mon	CSC	09/09/19	1330
Cribbage	Fortnightly	CCC	09/09/19	1345
Scrabble 1	Fortnightly	CCC	02/09/19	1345
Indoor Bowling 2	Weekly	NVH	09/09/19	1400
World History	Bi-monthly	AHSC	07/10/19	1400
<b>Tuesday</b>				
Tuesday Walkers	Most weeks			
The Hanoverians	4th Tue	CSC	24/09/19	0930
Architecture Appreciation	Monthly	AHSC	03/09/19	1000
Calligraphy	Fortnightly	AHSC	10/09/19	1000
Mindfulness Meditation	Weekly	CSC	24/09/19	1000
Tuesday Book Club	3rd Tue	CSC	17/09/19	1000
Music Appreciation	Monthly	UC	10/09/19	1030
Singing for Fun	Fortnightly	UC	03/09/19	1030
Patchwork and Quilting	1st & 3rd Tue	CSC	03/09/19	1330
Play Reading	Last Tue	UC	24/09/19	1330
Rag Rugging	1st & 3rd Tue	CSC	03/09/19	1330

<i>Group</i>	<i>Frequency</i>	<i>Venue code</i>	<i>First date in autumn term</i>	<i>Start time</i>
Table Tennis (Doubles)	Weekly	NVH	03/09/19	1330
Indoor Bowling 1	Weekly	BCC		1400
Jazz Appreciation	3rd Tue	MH		1400
Scrabble 2	Fortnightly	MH	10/09/19	1400
<b>Wednesday</b>				
Local History	Last Wed	SC	25/09/19	0945
Chess	Weekly	KL		1000
Gardens (Wednesday)	1st Wed			1000
Italian	Weekly	CSC	11/09/19	1000
Norwegian	Fortnightly	MH	11/09/19	1000
Philosophy	Monthly	AHSC	11/09/19	1000
Recorder Ensemble	Weekly	CSC	11/09/19	1000
Moving to Music (Wed)	Weekly	CSC	11/09/19	1215
Natural History	2nd Wed	CSC	09/10/19*	1345
Listening to Classical Music	3rd Wed	MH		1400
Table Tennis (Singles)	Weekly	NVH	04/09/19	1400
Badminton	Weekly	NVH	04/09/19	1545
Ballroom Dancing	1st & 3rd Wed	CSC	02/10/19	1600
Jive	2nd & 4th Wed	CSC	09/10/19	1600
<b>Thursday</b>				
Gentle Strollers	1st & 3rd Thu			
Strollers	2nd & 4th Thu		12/09/19	
Amblers 1	1st & 3rd Thu		05/09/19	
Amblers 2	1st & 3rd Thu		05/09/19	1030
Amblers 3	1st, 3rd & 5th Thu		19/09/19	1000
Amblers 4	1st & 3rd Thu		05/09/19	1000
Amblers Plus 1	4th Thu		26/09/19	
Amblers Plus 2	4th Thu		26/09/19	
Ramblers	1st, 3rd & 5th Thu			
Ramblers Plus	2nd & 4th Thu			

<i>Group</i>	<i>Frequency</i>	<i>Venue code</i>	<i>First date in autumn term</i>	<i>Start time</i>
Fellwanderers	3rd Thu		19/09/19	
Fellwanderers Plus	1st Thu		05/09/19	
Family History	2nd Thu	CSC	10/10/19	1000
Writing for Pleasure	1st Thu	MH		1330
Classic Films	Variable	AHSC	05/09/19	1345
American History	3rd Thu	AHSC	19/09/19	1400
Computing	Weekly	BCC	03/10/19	1400
Gardens (Thursday)	Variable	AHSC	07/11/19*	1400
Poetry & Prose	Last Thu	CSC	26/09/19	1400
Wine Appreciation 1	Monthly	AHSC	19/09/19	1400
Wine Appreciation 2	4th Thu	AHSC	26/09/19	1400
<b>Friday</b>				
Art	Fortnightly	AHSC	06/09/19	1000
Artistic Licence	Weekly	CSC	06/09/19	1000
European History	Monthly	AHSC	13/09/19	1000
Gardens (Friday 1)	3rd Fri		20/09/19	1000
Gardens (Friday 2)	2nd Fri	CSC	08/11/19*	1000
German	1st & 3rd Fri	MH		1000
Psychology	Monthly	AHSC	27/09/19	1000
Tai Chi (Advanced)	Weekly	CSC	06/09/19	1000
Tai Chi (Improvers)	Weekly	CSC	06/09/19	1145
Bridge	Weekly	AHSC		1300
Mah Jong	1st & 3rd Fri	CSC		1330
Literary Studies	3rd Fri	CSC	20/09/19	1400
Science and Technology	Last Fri	CSC	27/09/19	1400
Tennis	Weekly	KLTC	06/09/19	1400
Wine Appreciation 3	1st Fri	CSC	06/09/19	1400
<b>Saturday</b>				
Saturday Lunch Club	1st Sat		07/09/19	

<i>Group</i>	<i>Frequency</i>	<i>Venue code</i>	<i>First date in autumn term</i>	<i>Start time</i>
<b>Variable</b>				
Afternoon Tea				
Culture Trips				
Cycling				
Digital Photography	Twice monthly	AHSC	18/09/19*	1000
Memorable Experiences				
Wellbeing				

\* Indicates that dates shown are for indoor meetings only.

## Venues

<i>Code</i>	<i>Venue</i>	<i>Address</i>
AHSC	Abbot Hall Social Centre	Dowkers Lane, Kendal LA9 4DN
BCC	Beck Community Centre	20 Esthwaite Avenue, Kendal LA9 7NZ
CCC	Cancer Care Centre	Blackhall Road, Kendal LA9 4BT
CSC	Castle Street Centre	3 Castle Street, Kendal LA9 7AD
KL	Kendal Library	Stricklandgate, Kendal LA9 4PY
KLTC	Kendal Lawn Tennis Club	Appleby Road, Kendal LA9 6HF
MH	Member's Home	
NVH	Natland Village Hall	Natland, Kendal LA9 7QQ
SC	Shakespeare Centre	Yard 76, Highgate, Kendal LA9 4HE
UC	Unitarian Chapel	Branthwaite Brow, off Market Place, Kendal LA9 4TN

Thanks to all group leaders and others who submitted material for this publication. Very useful assistance has also been provided by Kathy Webster and Anne Kirby (information on group bookings) and Bob Wells (proofreading). Special thanks to Terry Johnson for the artwork on page 1.

## South Lakes U3A

[www.southlakesu3a.org.uk](http://www.southlakesu3a.org.uk)

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